

Lifestyle Questionnaire

Your Attitude Toward...

DIETS

Have you ever been on a diet? If so, please answer the following questions:

How many diets have you been on in the last two years? _____

Describe any diets you've been on. Did you go to a commercial weight loss service? Did you follow a diet from a book or article? If so, which one?

Describe your experience with diets. Did you lose weight? Did you gain any of it back?

FOOD

yes no Do you eat breakfast?

yes no Typically, do you eat after 8 p.m.? If so, what do you usually eat?

How many times a day do you eat? _____

yes no Can you recall ever eating to avoid doing something? _____

If so, when was this? _____

yes no Do you ever eat when you aren't hungry? _____ If so, when?

How often do you read food labels?

yes no Do you ever "treat" yourself with food? _____ If so, when?

What sources of information about nutrition have you found most helpful?

yes no Has someone ever encouraged you to eat something that was not in your best interest?
_____ If yes, did you do it? _____ Why? _____

EXERCISE

You need to create a clear, tangible image in your mind of the benefits of staying on your fitness program. It must be vivid and powerful enough to sustain you through difficult times when you feel your self-discipline and motivation slipping. This exercise will help you create that image.

Complete this sentence: "If I do three cardiovascular exercise sessions and two to three resistance training sessions per week, it will..."

	<u>Agree</u>			<u>Disagree</u>		
Improve my appearance	1	2	3	4	5	6
Allow me to cope with stress better	1	2	3	4	5	6
Help me to avoid getting sick	1	2	3	4	5	6
Give me a powerful sense of personal achievement	1	2	3	4	5	6
Increase my self-esteem	1	2	3	4	5	6
Improve my physical strength	1	2	3	4	5	6
Make me more independent	1	2	3	4	5	6
Improve my ability to concentrate	1	2	3	4	5	6
Take up too much time	1	2	3	4	5	6
Cause pain, soreness, and discomfort	1	2	3	4	5	6
Make me very tired	1	2	3	4	5	6
Cause me to get injured	1	2	3	4	5	6

Please rewrite this sentence and complete in your own words.

If I do three cardiovascular sessions and two to three resistance training sessions per week, it will...

Do you need support from others (family, friends, etc.) to stay consistent with your exercise and nutrition program? yes no

Do you have this type of support? yes no

On a scale of 1 to 10 (10 is the ultimate nurturing, supportive group), how much? _____

Are there people in your life who either intentionally or unintentionally discourage or interfere with your staying consistent with your exercise and/or nutrition program? yes no

If yes, how do they interfere? How do you deal with it?

Has someone else ever interfered with your choice to exercise? yes no

If yes, what happened?

If you answered "yes" to either of the last two questions, how have you dealt with these situations in the past? What are your thoughts about how to improve these responses in the future?

	<u>Agree</u>			<u>Disagree</u>		
"I think it is very likely that I will exercise 5x a week.	1	2	3	4	5	6
"I think exercise is a waste of time.	1	2	3	4	5	6
"I know that I will be consistent for the next 6 months.	1	2	3	4	5	6
"When I exercise, I look like a dork.	1	2	3	4	5	6
"When I exercise, I always feel beat up afterwards.	1	2	3	4	5	6